

TPOT Newsletter

TPOT

The Pleasures of Tea

Bringing together family & friends with a cup of tea

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Welcome to the TPOT Newsletter, a monthly newsletter containing the latest information on tea, thoughts on tea, and special offers from The Pleasures of Tea. Please feel free to e-mail any topics you would like included in future newsletters or submit short articles on tea that you would like to share with other newsletter subscribers.

Yours in tea....Kristine

Spotlight on...

So what is your favorite tea? This is a difficult question for me to answer and I'm sure that the person asking it cannot understand my delay in responding or the look on my face as I try to run through the different teas in my head. You see there are so many different teas and to pick one somehow seems unfair to all the other teas. In spite of this, I must confess that I do have a soft spot for a high quality Assam black tea. Nothing gets me going in the morning better than a rich, full-bodied, strongly infused mug of Assam with a dash of sugar and a splash of milk.

Assams are from the Assam region in the eastern-most part of India. The tea leaves are picked from March through November. The typical characteristics of a high quality Assam are: rich, smooth, full-bodied, malty. These characteristics may vary and others may present themselves based on the season in which the tea leaves are picked and their quality. Assams are good self-drinkers, but they are robust enough to handle milk and sugar.

The Pleasures of Tea offers three high quality Assams:

- ◆ Rembeng Estate (item #TB02) – organic, full leaf, tippy, rich, smooth, full-bodied, malty
- ◆ Harmutty Estate (item #TB03) – full leaf, tippy, rich, smooth, medium-bodied, malty
- ◆ Assam Blend (item #TB01) – full leaf, tippy, rich, full-bodied, fruity-malty

Or check out our breakfast blends in Blended Teas, most of which contain Assam. If you're looking for a full-bodied tea to start your morning, then try an Assam or a blend containing Assam.



Tea & Health

Tea is a healthy beverage. It contains vitamins, minerals, amino acids, flavonoids, polyphenols, and other compounds. All 'true' teas contain these compounds, but the levels may vary based on how the leaves are processed, which results in black, oolong, green, or white tea.

Recent studies have indicated that tea may have the following health benefits:

- ◆ Reduce the risk of cardiovascular disease
- ◆ Reduce the risk of certain cancers
- ◆ Increase bone health
- ◆ Increase oral health
- ◆ Support the immune system
- ◆ Assist in maintaining a healthy body weight
- ◆ Moderate insulin activity

To date, most studies conducted on tea have focused mainly on the benefits of green tea, but you'll get all the health benefits of tea regardless of which one you drink. The important thing is to drink the tea you like.

TPOT Specials



Check out our newly launched online store at www.pleasuresoftea.com.

You'll find over 100 high quality loose leaf teas and a selection of fine teaware, accessories, scone mixes, toppings for your warm scones, tea-inspired home fragrance, gift baskets and more.

Take **10% off** your next online order placed by April 1, 2008. Use coupon code **N0308** at checkout.